FRIENDS OF SHAKAMAK 5K & 10K "LONG FISH" DASH

5K "Long Fish" Dash – 5K Fitness Walk 10K "Run around the Park" 1 Mile Junior Run (kids 12 and under) Saturday, April 20, 2013



Submit Registration by mail postmarked by April 6th to guarantee T-Shirt

Race Day Registration for All Events – 8:15-9:00 AM

Junior Mile (for kids 12 and under) – Starts at 9:00 AM

5K Run and Fitness Walk - Starts at 9:30 AM

10K "Run around the Park" – Starts at 10:30 AM

There is a \$5 gate fee to get into Shakamak State Park**

5K Course – A loop with rolling hills around Lake Shakamak

10K Course – Perimeter Road of the Park

All events will start at Pool Parking Lot.

Male Divisions:

0-17 (2) 35-39 (2) 50-54 (2) 18-29 (2) 40-44 (2) 55-59 (2) 30-34 (2) 45-49 (2) 60- + (2)

Female Divisions:

0-19 (2) 35-39 (2) 50-59 (2) 20-29 (2) 40-44 (2) 60- + (2) 30-34 (2) 45-49 (2)

Trophies will be awarded as follows:

5K & 10K Run – Overall Male & Female plus Masters Male & Female (Not eligible for age group awards)

Junior Mile – 1st place Male and Female

Email

friendsofshakamak@gmail.com for registration form or print one from our facebook page

Unique Awards to all One-Mile Finishers

For Additional Information Contact: David Phillips 812-665-2908

** Overnight accommodations are available at Park. See www.camp.in.gov or 1-866-622-6746 for reservations.

** Also, Check out our facebook page at www.facebook.com/FriendsofShakamak